

HEALTH



Fitness Record Verified

First lady Michelle Obama hosts children on the South Lawn of the White House last October as they attempt to break the Guinness World Records title for the most people doing jumping jacks in a 24-hour period. Guinness verified that the old record was shattered with 300,265 people participating, Mrs. Obama announced in an email this month.

12 HOURS

**after you quit smoking,
carbon monoxide levels in your
blood decrease to normal.**

QUIT SMOKING TODAY.

CALL: 1.800.QUIT.NOW TEXT: FREE TO 51684

You may be eligible for nicotine patches or gum. You will only receive 1 response message. Text **STOP** to stop, **HELP** for help to 51684 at any time. Message and data rates may apply. Your contact information will not be sold or used for any other purpose.

Oregon Health Authority
SMOKEFREE oregon
quitnow.net/oregon